



# Let's talk flu.

Seasonal flu occurs every year. Because the flu virus is always changing, you need a new flu vaccine every year. Occasionally a completely new flu virus develops and this new virus can cause a pandemic — a worldwide outbreak of the flu. This flu isn't necessarily any stronger, but a lot more people get it.

We hear a lot about avian or bird flu, a flu caused by a virus that infects birds. It is very rarely passed on to humans. In some areas of the world, however, a small number of people have gotten sick through very close contact with infected chickens.

Massachusetts is preparing for a worldwide flu outbreak. We can lessen the effects of a pandemic if we all prepare ahead of time. The best thing that you can do is to stay informed. Visit our web site to get the facts.

[www.mass.gov/dph/flu](http://www.mass.gov/dph/flu)

Call Toll-Free: 1-877-MASS FLU (1-877-627-7358)



**Any flu is something to take seriously. Follow these simple steps to help protect yourself and your family:**

- ① Wash your hands often with soap and water or use a hand sanitizer
- ② Cover your mouth when you cough or sneeze
- ③ Talk with your doctor about getting a yearly flu vaccine
- ④ Make a family emergency plan
- ⑤ Volunteer in your community



## Get the Facts



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**TTY 617-536-5872**      *Brought to you by the Massachusetts Department of Public Health and your local Board of Health      October 2006*